

## ***CalFresh Benefits And Seniors***

Call today to get the help you need:

**1-(626) 596-4000**

**or**

**1-(877) 597-4777**

or go to the web at:

**<http://ladpss.org>**



CalFresh Nutrition Program  
Los Angeles County Department of Public Social Services



## ***CalFresh Benefits And Seniors***



## ***CalFresh benefits are for you and your family:***

CalFresh benefits help low-income people and their families buy and eat nutritious foods to stay healthy. This could help you, your children, or your grandchildren. For people who do not make enough money to feed themselves or their families, CalFresh benefits help pay for food so they can eat a healthy diet and stay strong.

## ***Seniors can get CalFresh benefits:***

Many seniors think they do not qualify for CalFresh benefits because they receive Social Security, own a car or home, or because they think CalFresh benefits are only for families with children. You could get CalFresh benefits if:

- You do not make much money and do not get SSI/SSP.

## ***CalFresh benefits help fixed income seniors make ends meet:***

With the high cost of food, utilities, and prescription drugs, it can be difficult for many seniors on a fixed income to make ends meet. CalFresh benefits can help put good food on the table and make it easier to pay for other living expenses like housing and medical care. The average monthly benefit is about \$149 for a person and \$332 for a household.



## ***Your personal information is secure:***

When you apply for CalFresh benefits, the information you provide about yourself and your household is confidential and secure. The Department of Public Social Services does not share application information with other agencies, it has strict policies regarding confidentiality, and it maintains a high level of security to protect your personal information.

## ***How do you get CalFresh benefits?***

You can apply for CalFresh benefits at a nearby Department of Public Social Services (DPSS) office, or call on the phone to have an application mailed to you. You can also apply at some schools, community centers, or WIC offices. To find out how and where to apply, call **1-(626) 569-4000** or **1-(877) 597-4777**. You can also get more information on the Internet at <http://ladpss.org> by clicking on Food & Nutrition. You can even find out if you qualify at [www.snap-step1.usda.gov](http://www.snap-step1.usda.gov).